

Kuumba Fitness, LLC- Release of Liability

This release is entered into between the undersigned and Kuumba Fitness, LLC. The purpose of Kuumba Fitness, LLC is to provide fitness and exercise instruction.

The undersigned hereby acknowledges that the following was explained to them and/or agrees to the following:

(Printed Name) _____ Acknowledges that Kuumba Fitness, LLC is not a physician and is not trained in any way to provide medical diagnosis, medical treatment, psychotherapy, or any other type of medical advice.

(Printed Name) _____ Acknowledges that fitness training is another tool for teaching individuals about themselves and, but that Kuumba Fitness, LLC does not guarantee neither good nor bad will occur nor guarantees the coaching advice given by Kuumba Fitness, LLC will produce good nor bad results.

(Printed Name) _____ Acknowledges that Kuumba Fitness, LLC will suggest exercise as part of my fitness program/lifestyle management. I further understand that Kuumba Fitness, LLC, yoga, mind-body exercises and any other related activities are an extreme test of one's mental and physical limits and carry with it potential for damage or loss of property, serious injury and death.

(Printed Name) _____ The Undersigned, assumes the risks of participating in these types of events/activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems that they might develop. The undersigned expressly waive, release, discharge and agree not to sue from any liability of death, disability, personal injury, or action of any kind Kuumba Fitness, LLC for the undersigned participating in said sporting events and/or training for said sporting/fitness activities.

(Printed Name) _____, The Undersigned agrees that this is the full agreement between the parties, that Kuumba Fitness, LLC nor anyone else has not verbally contradicted any of the terms of this release and that the undersigned has entered into this agreement free and voluntarily without force or coercion.

(Printed Name) _____ The Undersigned also agrees to hold harmless, Kuumba Fitness, LLC.